

# Sterling Council on Aging

Living Out Our Sterling Years Together

December 2012

Volume 17, Number 112

*Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.*

Butterick Building

1 Park Street

Mon – Thu: 8 – 2:30 PM

Fri: 8 – 12 noon

COA (Council on Aging)

Office: 978-422-3032

Rides: 978-422-3032

Meals: 978-422-8022

Fax: 978-422-9916

## Message from the Director

This  
Christmas  
end a quarrel.  
Seek out a forgotten  
friend. Dismiss suspicion,  
and replace it with trust.  
Write a love letter. Share some  
treasure. Give a soft answer. Keep  
a promise. Find the time. Forgo a grudge.  
Forgive an enemy. Listen. Apologize if you  
were wrong. Try to understand. Examine your  
demands on others. Think first of someone else. Be  
Be kind; be gentle. Appreciate. Laugh a little. Laugh a  
little more. Express your gratitude. Gladden the heart of a  
child. Welcome a stranger. Take pleasure in the beauty and the  
wonder of Earth.  
Speak your love.  
Speak it again.  
Speak it yet  
Once again.

### Senior Center Staff

#### Director:

Karen L. Phillips

#### Regular Driver:

George Guertin

#### Part-time Driver:

Pam Dell

#### Spare Drivers:

John Perry

Gloria Rugg

#### Meal Site Manager:

Pam Dell

### ◆ COA Board

Barbara Foster, Chair

Sharon Bloom, Vice Chair

Mary Higgins, Secretary

Constance Cleary, Treasurer

Anita Benware

Irene Camerano

Debra MacLennan

Ellen Sesia

Peter Watson

Ken Day, Associate

Susan Doucette, Associate

During bad weather, the Senior Center is usually open, even during school cancellations. Even so, some activities may be cancelled. It is a good plan to call the Senior Center on any questionable days. Yoga and Chair Yoga **will be cancelled** if there is a cancellation or delay at the Wachusett Regional School District. Lunch may be cancelled as well. Be safe. Call first.

### Volunteers/Consultants needed!

Many people are looking for more activities at the Senior Center. With our budget, we are looking for people to volunteer to lead classes and workshops on various subjects such as crafts, learning a language, cooking, etc. Call the Senior Center at 978-422-3032 if interested.

The COA Board generally meets the 1<sup>st</sup> Thursday of the month at 4:30 PM in the Senior Center.

## Special Events for December

Sunday, December 2 – Christmas Party at 1 PM. Roger Tincknell will be performing A Winter Solstice Celebration. This program will include traditional songs from Chanukah, Christmas, and other winter holiday traditions. In addition, it will also include multicultural songs of light, interactive children's songs and seasonal sing-a-longs. Santa usually shows up with gifts for all. Refreshments will be served after the performance. All are welcome.

Monday, December 10 – Stress Reduction by LifeCare Center of Leominster at 12:15 PM. The holiday season can bring a lot of stress to one's life. Learn how to better deal with the pressures. All are invited.

Thursday, December 13 – Holiday Jingo at 12:30 PM. Come and play a fun bingo-type game. Prizes will be awarded. Refreshments will be served.

Friday, December 14 – Senior Breakfast at Chocksett School at 9 AM. Enjoy a wonderful breakfast, for FREE, served by the Chocksett students. There are always rave reviews about this breakfast. The students also provide entertainment. All Sterling seniors are invited. You must RSVP at the Senior Center, 978-422-3032 by December 7<sup>th</sup> to attend. Don't miss this great event!

Saturday, December 15 – Wachusett Area Rotary Club Breakfast for Seniors at The Manor Restaurant in West Boylston. Doors open at 8:30 AM. Reservations are required by calling the Holden Senior Center at 508-210-5570.

Tuesday, December 18 – Holiday Concert by Houghton students at 10 AM. The Houghton students will be performing their annual Holiday Concert at the Senior Center. Our room is filled with 40 – 50 students who sing holiday songs. People wait all year to see this. Don't miss out.

Thursday, December 20 – SHINE counselor will be available to answer health insurance questions.

Appointments are required by calling the Senior Center at 978-422-3032. Don't be confused. Let Joanne help you navigate the health insurance system.

Thursday, December 20 – Elder Keep Well Clinic from 12 – 2 PM. Our RN, Judy, can help with medication management, blood pressures, and disease management. Stop by for a little TLC.

Thursday, December 20 – Book club at 12:30 PM. This month's selection is A Redbird Christmas by Fannie Flagg. All are welcome.

Monday, December 24 – Senior Center closed for Christmas.

Tuesday, December 25 – Senior Center closed for Christmas.



You know you're  
getting old, when  
Santa starts looking  
younger.

- Robert Paul ☺

The COA is looking for donations  
of Birthday cards. We send out a  
card to every senior over 75.

Donations can be dropped off at  
the Senior Center office.

The book club is still going strong. It generally meets the 4<sup>th</sup> Thursday of the month at 12:30 PM. Here are the next selections:

December 20 (note date change) – A Redbird Christmas by Fannie Flagg

January 24 – The Help by Kathryn Stockett

February 28 – Hotel on the Corner of Bitter and Sweet by Jamie Ford

### **Ongoing Events:**

#### **Mondays –**

Coffee and donuts at 9 AM. Catch up on conversations with old friends or make some new ones - \$0.50

Art class at 10 AM. Discover your artistic side with classes taught by Artist Howard Besnia, at his studio.

Senior Fitness at 10 AM. Get in shape with a fun group of people and a certified instructor. This class is offered thanks to Oriol Healthcare – free.

#### **Tuesdays –**

Game day at 12:15 PM. Come on down to play bridge, dominoes, cards, scrabble, etc.

#### **Wednesdays –**

Walking club at 9 AM at the Cider Mill, stopped until Spring.

Chair Yoga at 9:30 AM. Get the benefits of yoga without leaving your chair. \$3.00 a class.

Computer class at 10 AM. Have your computer questions answered. Free.

Shopping trip to various stores at 1 PM – Wal-Mart, K-Mart, Target, etc. Sign up required. Limited to 9 people.

#### **Thursdays –**

Yoga at 9 AM. Gentle yoga stretches for strength and flexibility with a certified instructor - \$3.00 per class.

Meals – we serve a healthy lunch Monday to Friday at 11:30 AM. We do the cooking and the dishes, so come to the Senior Center and enjoy. Please make your reservations 24 hours in advance (before 12 noon). Your \$2.25 donation is appreciated.

Elder Keep Well Clinic every third Thursday from 12 – 2 PM. You can have a private meeting with an RN for blood pressures, glucose levels, disease management, and medication counseling.

A SHINE counselor is available for private appointments regarding your health insurance questions once a month. Call to schedule an appointment.

Our computer lab is up and running and has internet access.

Don't forget that we have a pool table for impromptu games or practice.

Transportation is not an excuse to miss out on these activities. We provide transportation on our senior van. The charge is \$1.00 roundtrip in town and \$2.00 roundtrip out of town. There is no charge to come to the Senior Center. All you have to do is call us at least 48 hours in advance to make a reservation. The van is available Monday, Tuesday, Thursday, and Friday afternoons.

All reservations can be made by calling 978-422-3032.

LGBT Rainbow Lunch Club for those 60+ on the 2<sup>nd</sup> Wednesday of the Month at the Unitarian Universalist Church in Worcester. Call 508-756-1545 X339 for more info.

**News from SHINE November 2012**

**Medicare Open Enrollment**

**October 15 – December 7**

**It's that time of year again!** If you have Medicare, sometime during the month of September you will be receiving important information from your Prescription Drug Plan, your Medicare Health Plan, and/or Prescription Advantage (if you are a member). You need to read these letters carefully to understand the information they contain. You should ask a family member or trusted friend to help you if you do not understand this information.

**DO NOT IGNORE ANY LETTERS FROM YOUR PLANS!**

**SAVE ALL LETTERS FROM YOUR PLANS!**

The annual Medicare Open Enrollment (**October 15th - December 7th**), is the only CHANCE you have to CHANGE your coverage for next year. State-certified SHINE (Medicare) Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early. During the month of October our Regional Office will be conducting informational sessions throughout Worcester County. We have scheduled meetings in the following towns Pepperell, Groton, Shirley, Winchendon, Holden, West Brookfield, Sturbridge, Hopedale, Medway, Auburn, Uxbridge, Templeton, Northbridge and Barre. You can call your local Senior Center to ask about a meeting near you.

**DO NOT WAIT UNTIL IT'S TOO LATE!**

**You can now access our monthly SHINE chat line, sponsored by the Central Massachusetts Agency Aging, on the second Tuesday of each month. To attend the SHINE Session, go to [www.SeniorConnection.org](http://www.SeniorConnection.org) and click on Connection for Caregiver button. Then click on the Support Groups and Chats button. Create a username and password, log in and click on SHINE.**

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*If you need help on any aspect of your health insurance, SHINE offers free counseling at your local Senior Center or Council on Aging. Call your Senior Center or COA and ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636) If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.*

Living Memorial Honor  
Sterling COA/Senior Center  
1 Park Street \* Sterling, MA 01564

I am enclosing \$ \_\_\_\_\_  
In honor of \_\_\_\_\_  
In memory of \_\_\_\_\_  
Donor's name \_\_\_\_\_  
Address \_\_\_\_\_

This coupon is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Your support is greatly appreciated. Our sincere thanks to those who are remembering their friends and family by making contributions in their name to the Senior Center.

## What happens at the solstice?

The North Pole is tilted furthest away from the sun at the solstice. (Illustration not to scale)

The December solstice occurs when the sun reaches its most southerly declination of -23.5 degrees. In other words, it is when the North Pole is tilted 23.5 degrees away from the sun. Depending on the [Gregorian calendar](#), the December solstice occurs annually on a day between December 20 and December 23. On this date, all places above a latitude of 66.5 degrees north (Arctic Polar Circle) are now in darkness, while locations below a latitude of 66.5 degrees south (Antarctic Polar Circle) receive 24 hours of daylight.

Use the [Sunrise and Sunset calculator](#) to find the number of daylight hours during the December solstice in cities worldwide.

The sun is directly overhead on the Tropic of Capricorn in the southern hemisphere during the December solstice. It also marks the longest day of the year in terms of daylight hours for those living south of the equator. Those living or travelling south from the Antarctic Circle towards the South Pole will see the midnight sun during this time of the year.

On the contrary, for an observer in the northern hemisphere, the December solstice marks the day of the year with the least hours of daylight. Those living or traveling north of the Arctic Circle towards the North Pole will not be able to see the sun during this time of the year.

Reprinted from [www.timeanddate.com](http://www.timeanddate.com)



### ***Outreach Aide***

The Senior Center is happy to announce that we have hired our first Outreach Aide – Nickole Boardman. Nickole is a 5<sup>th</sup> generation Sterling Resident. We are very excited to have her on board. Nickole will be working 15 hours a week. In her new role, she will be calling seniors and doing home visits to ensure that all of our older residents have the information and assistance that they need in order to maintain their safety at home. If you have a question for Nickole, feel free to give us a call at the Senior Center, 978-422-3032. We are sure that Nickole will be a fabulous addition to our Senior Center family. Please help us make her feel welcome and wanted.

### ***“Identity Theft”***

What is Identity Theft? Identity Theft is when someone steals another person's personal information to commit fraud. Identity thieves may go through your trash (or "dumpster dive") or steal your mail, wallet or purse. Using stolen Social Security numbers or credit cards and other financial information, identity thieves, among other crimes, buy cars, buy cell phones and other goods, take out loans, open new credit card accounts and open bank accounts.

Deter identity thieves by safeguarding your information, detect suspicious activity by routinely monitoring your financial accounts and billing statements and defend against identity theft as soon as you suspect a problem. Here are some tips you can follow to decrease your chances of becoming a victim of identity theft:

1. Watch for ATM shoulder-surfers.
2. Require photo ID verification to use your credit cards.
3. Shred everything.
4. Destroy digital data on your computer.
5. Be diligent about checking statements.
6. Pay your bills at the post office.
7. Limit the information on your checks.
8. Analyze your credit report annually.
9. Protect your Social Security number.
10. Caveat Emptor.

A brief explanation of the 10th item is in order. Caveat Emptor means Buyer Beware. I recommend you not do business online with companies you don't know anything about. You can feel relatively secure doing business online with Amazon.com or BestBuy.com or any web site affiliated with well-known, national or global merchants. But, if you are buying something online you need to have some level of trust that the company you are doing business with is legitimate and that they take the security of your personal information seriously.

*Attorney Kaltsas practices law at Elder & Disability Law Advocates in Worcester and Framingham, Massachusetts and hosts WTAG's Saturday morning talk show "The Senior Focus" at 11:00 AM. "The Senior Focus" can be heard on True Talk Radio -- 580 AM or 94.9 FM*

Please feel free to call Attorney Kaltsas in Worcester at 508-755-6525 or Framingham at 508-620-4525. Or listen to *The Senior Focus* and call your comments or questions into the show at 508-755-0058.



If you are having difficulty getting food, consider going to the Wachusett Food Pantry. The Pantry is a free-of-charge, supplemental, monthly food program offering 3 – 5 days of meals to any family in the region with either a short or long term need. Senior distribution is held the Friday before the 3<sup>rd</sup> Saturday of the month from 10 – 11:30 AM at Wachusett Extended Care (Holden Hospital), 56 Boyden Road, Holden (note new address). This month's distribution is Friday, December 14<sup>th</sup>. Proof of residency is required. The Pantry is also always in need of volunteers.



*December Calendar of Events**(Menu subject to change)*

Monday	Tuesday	Wednesday	Thursday	Friday
3 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – roast pork	4 11:30 – baked chicken 12:15 – Game day	5 9:30 – Chair yoga 11:30 – cheese lasagna 1 – Van shopping trip to Christmas Tree Shop	6 9 – Yoga 11:30 – friendship stew	7 11:30 – breaded chicken
10 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – Shepherd's pie 12:15 – Stress reduction	11 11:30 – hot tortellini salad with chicken 12:15 – Game day	12 9:30 – Chair yoga 11:30 – baked chicken 1 – Van shopping trip to Walmart	13 9 – Yoga 11:30 – potato crunch fish 12:30 – Holiday Jingo	14 9 – Chocksett Senior Breakfast 11:30 – pasta and meatballs  Saturday – Wachusett Rotary Senior Breakfast
17 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – baked chicken	18 10 – Holiday concert by Houghton students 11:30 – penne with Bolognese sauce 12:15 – Game day	19 9:30 – Chair yoga 11:30 – SPECIAL: roast beef 1 – Van shopping trip to Ocean State Job Lot	20 9 – Yoga 11:30 – ham and cheese bake 12 – 2 – Elder Keep Well Clinic 12:30 – Book club	21 11:30 – empanada
24  Senior Center closed	25  Senior Center closed	26 9:30 – Chair yoga 11:30 – grilled chicken parmesan 1 – Van shopping trip to Walmart	27 9 – Yoga 11:30 – hamburger with BBQ sauce	28  11:30 – baked ham
31  9 – Coffee hour 10 – Exercise class 10 – Art Class 11:30 – diced chicken with teriyaki sauce	January 1  Senior Center closed			

*Choice lunch Wednesdays – If you come into the Senior Center for lunch on Wednesdays, you have a choice of the hot meal or a cold meal. If you want the cold meal, you must call the Meal Site on Monday by 12 noon (or Friday if Monday is a holiday).*



Sterling COA  
1 Park Street  
PO Box 243  
Sterling, MA 01543

Phone:  
978-422-3032

Fax:  
978-422-9916

E-mail:  
kphillips@sterling-ma.gov

We're on the Web!  
[www.sterling-ma.gov](http://www.sterling-ma.gov)

Excellent advice: Keep a copy of your health care proxy, and anyone else's that you have, in the glove compartment of your car(s). Have your kids keep their copies in their glove compartments and their spouses' glove compartments. Emergencies can occur at all hours of the day and night. No one wants to be searching for documents at 2:30 AM. Putting the documents in the glove compartments of your vehicles keeps them handy when needed (how else did you get to the hospital) and easy to find.

Wachusett Area Rotary Club Christmas Breakfast for Seniors will be held Saturday, December 15 at The Manor Restaurant in West Boylston. The doors will open at 8:30 AM. Entertainment will include balloon artwork, organ music, and music by the Wachusett Singers from WRHS. Reservations are **required** by calling the Holden Senior Center at 508-210-5570.

*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.*

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